**What causes a Personality Disorder?**

* The environment a person grows up in
* Early childhood experiences
* Experiences as a teenager
* Genetic factors
* Unstable/chaotic family life
* Mental health in parents/caregivers
* Parental/caregiver substance misuse
* Little or no support from main care giver
* Bereavement of parent or close family member
* Neglect
* Physical/emotional/sexual abuse
* Major accident or incident

-Some elements of our personality are inherited. We are born with different temperaments – for example, babies vary in how active they are, their attention span and how they adapt to change.

Some experts believe inheritance may play a part in the development of personality disorder.

-Not everyone who experiences a traumatic situation will develop these problems. The way you and others reacted to it, alongside the support and care you received to help you cope, will have made a lot of difference.

Similarly, not everyone who develops a personality disorder will have had a traumatic experience.

Mind